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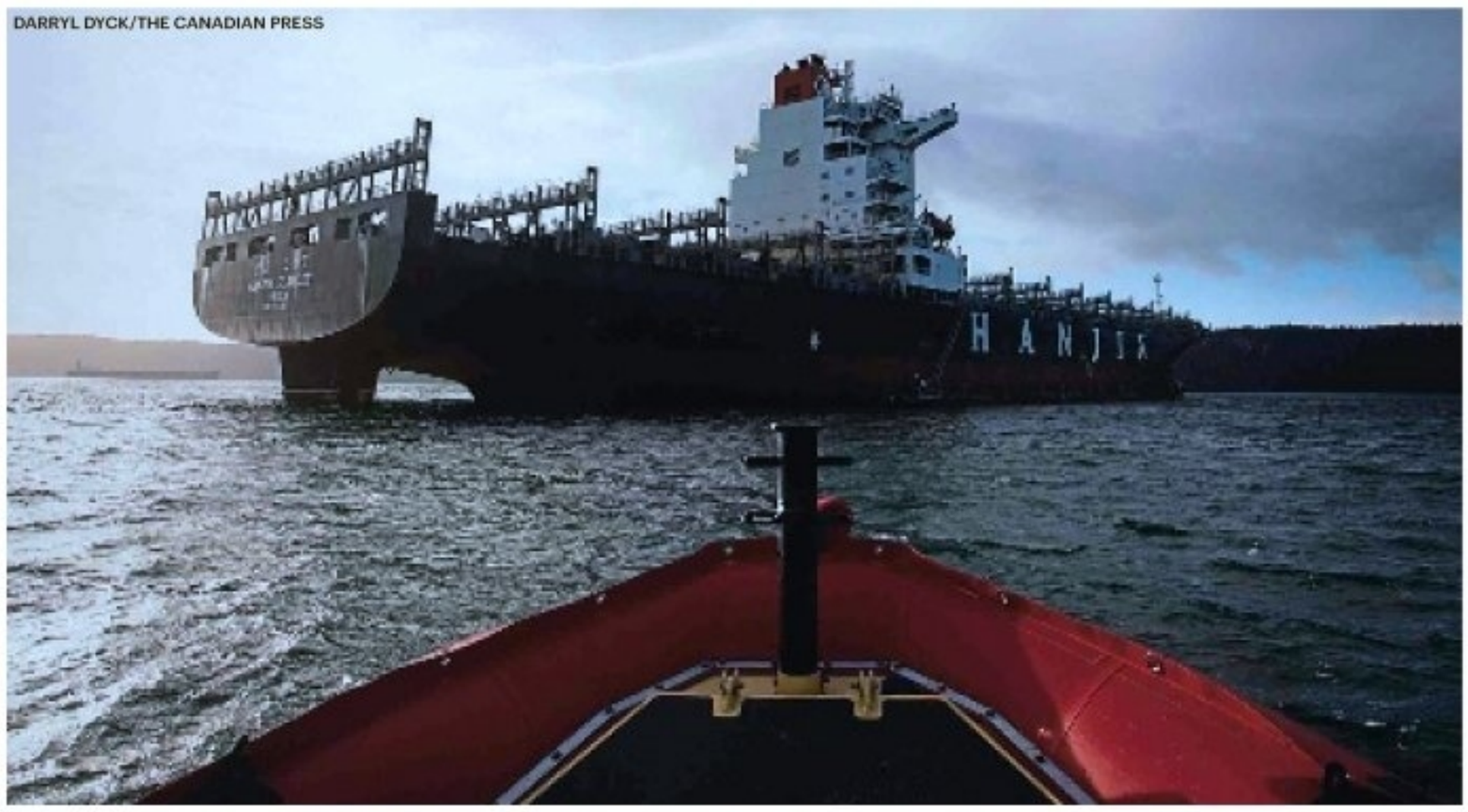


DARRYL DYCK/THE CANADIAN PRESS

STRANDED FOR THE HOLIDAYS

But Christmas cheer — a tree, presents and pig included — are en route

metroNEWS

White Christmas? Bet on it

WEATHER

B.C. lottery giving 29/50 odds on snow

Wanyee Li
Metro | Vancouver

Dreaming of a white Christmas?

Vancouver has a 10 per cent chance of getting one, according to Environment Canada. The last time it happened was in 2008.

People can even make bets on the phenomenon, with B.C. Lottery Corporation giving it 29/50 odds of a snowy Christmas as of Tuesday.

That means a $10 bet, if successful, would yield a $5.80 profit. BCLC defines 'White Christmas' as snow falling at the weather station at Vancouver International Airport on Christmas Day.

"We are giving people a fun way to experience the weather differently, especially during this festive time of year," said Doug Chen, BCLC spokesperson. "Our odds makers are giving Vancouver quite favourable odds."

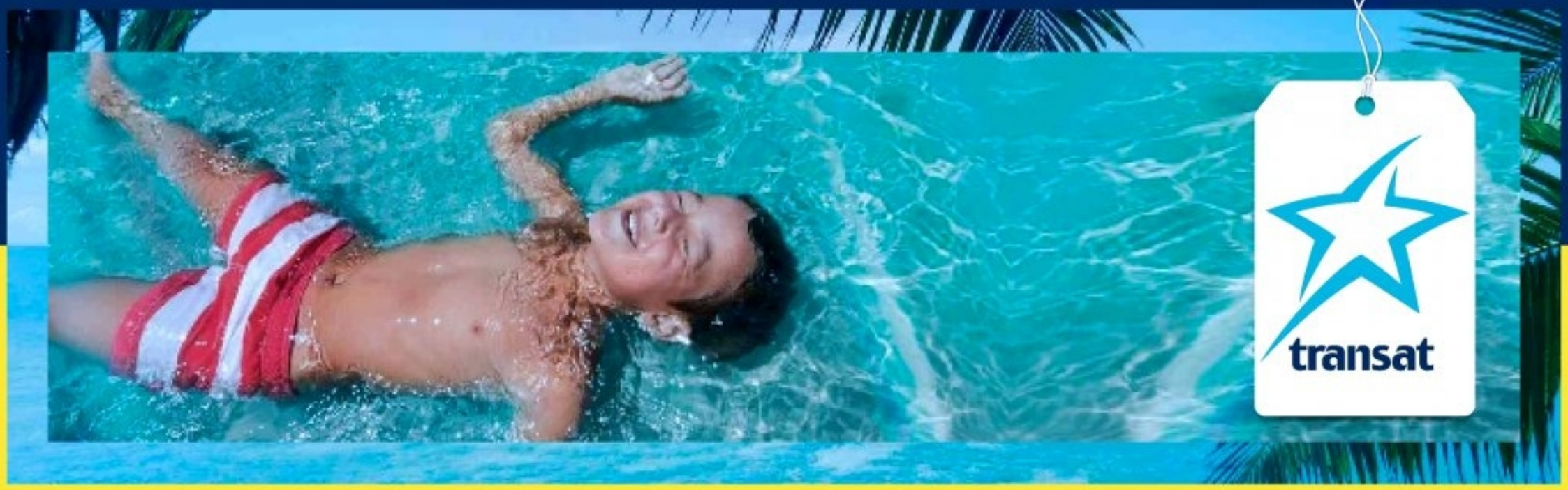
Those odds can change depending on different weather events, he told Metro.

But an Environment Canada meteorologist says Metro Vancouver will see a much warmer system coming through the region leading up to Christmas.

"It has been a little while so we are due, but the cards may just not line up quite properly. This warm air is coming a little too early for it," said Ross MacDonald.

But he offered some hope for those crossing their fingers for fresh powder on the 25th.

"Overnight lows on Saturday and Christmas Day, they'll be close to zero. So some of the precipitation ... there is the potential that some of that might mix in the higher elevations."



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Your essential daily news

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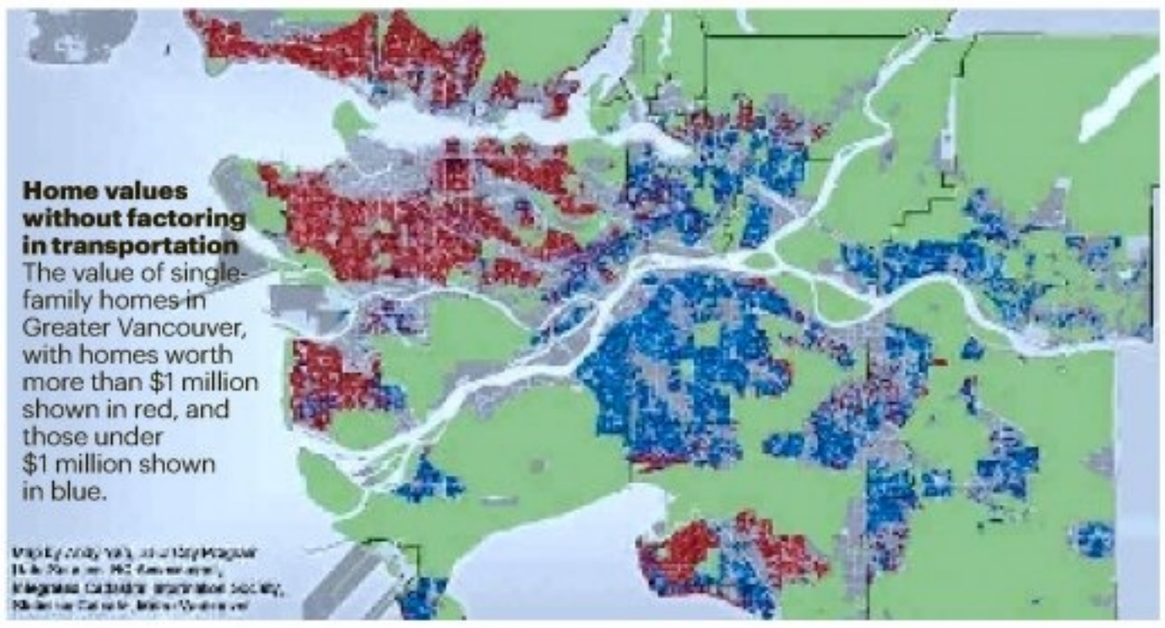

Home values without factoring in transportation
The value of single-family homes in Greater Vancouver, with homes worth more than $1 million shown in red, and those under $1 million shown in blue.

The real cost of homes with transportation added in
The number of single-family homes costing a household more than $1 million (shown in red) multiplies.

Urban Planner Andy Yan crunched numbers to reveal the real cost of homes when factors transportation costs are added in — and suddenly 'burbs don't look so cheap. MAPS ANDY YAN

Commute equal to second mortgage

AFFORDABILITY

Homes look cheaper on paper, but the costs add up

Jen St. Denis
Metro | Vancouver

Just over 91 per cent of the single-family houses in Metro Vancouver cost more than $1 million when transportation costs are factored in, according to an analysis by Vancouver urban planner Andy Yan.

"Drive till you qualify is one idea towards housing affordability, that sprawl is a solution," said Yan, the director of Simon Fraser University's City Program.

"It's that disconnect between housing and transportation that gives the illusion of affordability, but it's actually quite costly over the long run to relocate in certain car-dependent suburbs."

Yan used data published by Metro Vancouver from Statistics Canada's 2011 National Household Survey, which asked residents how much they spent on transportation per year. He then calculated costs with a two per cent yearly compounding increase for inflation over 25 years.

He added that data to his existing "million dollar line," a map of assessed values for single-family homes that shows how housing costs have risen over the past 10 years.

Yan calculated that over 25 years (the same length of many mortgages), residents of the Township of Langley spend 563,755 on transportation, compared to $298,459 in Vancouver — a $265,296 difference.

Langley's steep transportation costs, combined with much cheaper housing —only 0.3 per cent of houses are assessed at more than $1 million — put 73 per cent of houses over the million mark. In Vancouver, 89 per cent of houses cost over $1 million, and transportation costs push that up to 99 per cent.

Yan's map does not include multi-family housing because the data is harder to map, although it's something he hopes to add soon.

"Obviously multi-family costs less than single family," he said, giving as an example a $450,000 townhouse in Langley and a $700,000 townhouse in Vancouver, where the homeowner commutes to Vancouver for work each day.

$564K

Over 25 years, residents of the Township of Langley spend $563,755 on transportation, compared to $298,459 in Vancouver.
SOURCE: ANDY YAN

"What looks like initially on the surface like a deal…is actually quite a lot more when you factor in transportation."

The National Household Survey data shows that people who use public transit pay less than those who drive, and Yan believes his analysis underscores the importance of investing in public transportation, and of building more multi-family housing designed for families with young children.

Regional planning that encourages more job growth in the suburbs, so people can work in their own municipality, is also important, Yan added.

TRANS MOUNTAIN PIPELINE

Environmentalists launch killer whale of a challenge

Matt Kieltyka
Metro | Vancouver

Environmental groups are challenging the federal government's approval of Kinder Morgan's Trans Mountain pipeline in court, arguing it fails to protect endangered killer whales off the coast of British Columbia.

In a Notice of Application filed in the Federal Court of Appeal on Tuesday, Ecojustice lawyer Dyna Tuytel — representing Living Oceans Society and Raincoast Conservation Foundation — says cabinet's decision last month doesn't comply with the Species At Risk Act.

"What we're asking the court to do is overturn cabinet's decision and, if they see fit, to send it back to cabinet to make a decision in a way that complies with the law," Tuytel told Metro.

According to the lawsuit, the National Energy Board did not look at the impact increased oil tanker traffic related to the $6.8-billion pipeline expansion would have on the endangered Southern Resident killer whales.

"What the act requires is for them to avoid or lessen all adverse impact on the species and on its critical habitat, which is the Salish Sea," said Tuytel. "So to do that, they would have to address effects on their salmon prey, they'd have to address the sound created by marine shipping that interferes with the whales' ability to communicate, and they'd have to address pollution and contamination like the risk of oil spills."

An orca whale breaches in view of Mount Baker, some 60 miles distant, in the Salish Sea in the San Juan Islands, Wash.
AP PHOTO/ELAINE THOMPSON, FILE

Of the 157 conditions set out by cabinet — adopted wholly from the NEB's report — none ensure mitigation effort for endangered whales, Tuytel said.

The lawsuit is one of a growing number from First Nations, municipalities and other groups seeking a judicial review of either the National Energy Board process or government's final decision on Trans Mountain.

In announcing his approval for the project Nov. 29, Prime Minister Justin Trudeau insisted the pipeline expansion — which will increase tanker traffic through the Burrard Inlet seven-fold as diluted bitumen from Alberta is exported overseas — is in the best interest of Canada and safe.

"If I thought this project was unsafe for the B.C. coast, I would reject it," Trudeau said.

The federal government's $1.5-billion ocean protection plan, announced before its approval of the pipeline, does include measures to protect endangered whales, North Vancouver MP Jonathan Wilkinson has said.

WITH FILES FROM THE CANADIAN PRESS

Snow collapses roof of New West Arenex

EVACUATION

City looking for new home for programs

Stuart Neatby
For Metro | Vancouver

New Westminster's Arenex, home to the city's popular gymnastics and trampoline programs, has been rendered unusable after a roof collapse that city officials are attributing to snow buildup.

The collapse occurred around 9:30 p.m. Monday following an evacuation of the building by city staff, who had heard a loud cracking noise from the roof earlier in the evening. No one was hurt in the collapse.

Built in 1938, the Arenex housed many recreational programs ranging from volleyball and badminton leagues to children's trampoline classes, to the Queensborough boxing club. City staff will be looking into new homes for these programs in the New Year.

"It will be a very tall order for us to be able to quickly provide space for all the different programs that were there," said Dean Gibson, Director of Parks and Recreation for New Westminster.

The Arenex roof was replaced within the last three years, and a new exterior membrane was added on top of that. As part of the city's energy efficiency upgrades, insulation was added to the roof. Although it is not yet known to what extent the resulting lack of melting of snow on the roof may have contributed to the collapse, it was a factor according to Gibson.

"We'll be relying on a structural engineer's report to help us better understand exactly what the contributing factors were to the situation," said Gibson.

The Arenex roof collapsed Monday. TWITTER

OSOYOOS

Mountie misconduct claims withdrawn

Allegations of misconduct have been withdrawn against RCMP Const. Amit Goyal more than three years after he was suspended with pay.

Goyal was serving in Osoyoos, B.C., when he was accused of five allegations under the RCMP Act, including making false or misleading statements to a member of a superior rank.

A statement from E Division Deputy Cmdr. Craig Callens says he withdrew the allegations after reviewing information from Goyal's lawyer that provided different theories that couldn't be disputed because of contradictory expert information.

Callens says the information hadn't been available before, and once reviewed he made the decision that there wasn't a likelihood of proving the allegations against Goyal.

Callens doesn't say what the allegations were against the officer.

Goyal remains a member of the RCMP, and Callens says given his prolonged absence, efforts will now focus on making sure he meets the required standards and training before his return to duty.

THE CANADIAN PRESS

SPARWOOD

Rescuers tally losses after fire devours gear, vehicles

Members of the search-and-rescue team in Sparwood, B.C., are getting a better idea of the losses caused by a weekend fire.

Search manager Ed Ehrler says the back half of the building where their equipment was stored was gutted early Saturday and losses are expected to top $275,000.

Three all-terrain vehicles were destroyed and four rescue boats were "completely melted." Ehrler says ropes, first-aid equipment and avalanche gear can't be salvaged because they may have been compromised by heat and smoke.

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GOVERNMENT

Province roasted over 'regifted' schools tweet

What was apparently an attempt to inject some holiday cheer into the un-festive humbug of political Twitter backfired in spectacular fashion this week.

Pundits and jokesters alike have decked the halls with mockery since Sunday after the British Columbia Government News account tweeted its own rendition of the 12 Days of Christmas, amidst controversial school closures.

"On the 7th day of education, #BC sent to me, 7 rural schools kept open," read the tweet. It linked to a press release announcing that "seven rural schools get $2.05 million in funding to help them stay open," thanks to the Rural Education Enhancement Fund.

Social media users, however, were quick to notice the lighthearted tweet about what is undoubtedly one of B.C.'s hot-button political issues as a provincial election approaches — and began to roast the tweet over a figurative open fire.

Many also noted that schools are being closed under budgetary pressure from the same government now proudly announcing some would stay open.

"From the government that closed 250 schools — the gift of schools kept open," tweeted former New Democrat MLA David Chudnovsky.

Others quickly followed with Yuletide humour of their own.

"The classic regift!" quipped the parent advocacy group Richmond Schools Stand United.

B.C. Teachers' Federation spokesman Rich Overgaard tweeted, "Haha congrats? They saved 7 schools from their own cuts!" alongside emojis of clapping hands.

Twitter user Jillian Browning continued the seasonal theme, writing, "Don't spoil the children this Christmas with … schools?"

The tweet remained online as of Tuesday evening.

DAVID P. BALL/METRO

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A double-bladed knife described as a "machete" by police sits on the ramp behind police tape on Monday morning at 29th Avenue SkyTrain station, where a man was shot by police and sent to hospital. DAVID P. BALL/METRO

Police seek witnesses to shooting

INVESTIGATION

Man wielding knife at Sky Train station hospitalized

David P. Ball
Metro | Vancouver

Vancouver police have identified the knife-wielding man shot by officers at a SkyTrain station on Monday morning — but aren't releasing his name yet until they file charges against him.

Both the department and the watchdog agency tasked with investigating police-involved injuries appealed on Tuesday for anyone who saw the incident at 29th Avenue Station around 8:26 a.m. Monday, which shut down the station for hours and caused delays throughout the SkyTrain system.

> It's not uncommon in these kinds of situations in high-profile public areas for people to whip out their phones and take video.
> Marten Youssef

"We're trying to reach out to any witnesses who may have seen, heard or maybe filmed any of the incident or interaction to contact the Independent Investigations Office of B.C.," said spokesman Marten Youssef in a phone interview Tuesday. "In these kinds of cases you have a lot of witnesses, and the initial hours of any investigation are the crucial time to speak to any witnesses."

Meanwhile, the Vancouver Police Department issued its own call for witnesses, in which they said a man threatened SkyTrain passengers with a machete before being confronted by Transit Police, who called VPD for backup.

"As negotiations continued, the man broke his way out through the closed train doors with the machete," the VPD said in a statement Tuesday. "He refused to comply with the officers' directions to drop his weapon.

"As the suspect approached police officers, and the exit to the station, he was eventually shot."

Metro arrived on-scene by 10 a.m. where a VPD officer guarded the taped-off wheelchair ramp to the station. Six metres behind him lay the knife the suspect allegedly brandished, which appeared to be a double-bladed knife with a serrated back edge, possibly a tactical-style knife. By the fare gates inside, piles of the suspect's clothing.

The man is still in hospital in "serious but stable condition," the department said, "and is expected to survive."

The VPD's Major Crimes Unit can be reached at 604-717-2541, and the IIO at 1-855-446-8477.

Al Jamia Mosjid was built in 1963 and is the oldest mosque in B.C. CONTRIBUTED

Mosque opens as warming shelter

AL JAMIA MASJID

Sleeping bags, hot food for anyone needing place to rest

Wanyee Li
Metro | Vancouver

Vancouver's oldest mosque is opening its doors overnight to join the City of Vancouver and other faith-based organizations in offering shelter to anyone who needs it.

Al Jamia Masjid on 8th Avenue near Cambie Street is also offering sleeping bags and food at the mosque starting at 7 p.m. for the rest of the week.

It's a matter of feeling empathy for others, no matter the circumstances they find themselves in, said Haroon Khan, president of the Pakistan Canada Association and trustee of the Al Jamia Masjid.

"Not much separates us from being outside on the street. Some people are few paycheques away from being homeless and addiction and mental illness are its own thing too," he said.

Sometimes people just need someone to talk to, he added.

"It crosses all boundaries — all races, all religions. Everybody is affected one way or another."

Permanent and winter shelters in Vancouver are running out of room during the cold snap, according to the city, but other organizations are chipping in.

Mountain Equipment Co-op donated sleeping bags to the Carnegie Community Homeless Outreach Team, Yellow Cab is offering free rides to shelters, and Khalsa Diwan Society is also opening its doors overnight.

About 75 people used the city's emergency warming shelters at Creekside, West End, and Britannia community centres Monday night, according to a written release.

Khan's 22-year-old nephew spearheaded the decision to open Al Jamia Masjid up to those in need and says he hopes it inspires more faith-based organizations to do the same.

On Sunday, Abubakar Khan and his friends decided to go to the Downtown Eastside and ask community members what they need most.

> **It has nothing to do with religion. We're all Canadian.**
> Abubakar Khan

More than 10 youth will be volunteering at the mosque at night and delivering care packages to DTES residents during the day.

About 500 blankets will be delivered to residents Wednesday, Abubakar Khan told Metro.

"We're trying to do with this whole initiative is we want other religious institutions to open during extreme weather," he said.

"It has nothing to do with religion. We're all Canadian."

Al Jamia Mosjid was built in 1963 and is the oldest mosque in B.C.

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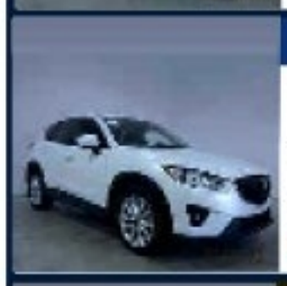

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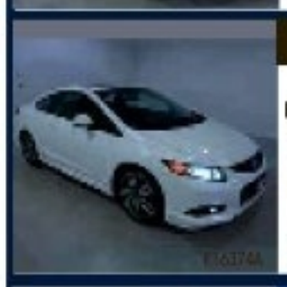

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Sailors can eat, drink, be merry

SATURNA ISLAND

Stranded crew near Victoria receive a pig, tree, coals

The stranded crew of an empty container ship tied up in an international bankruptcy issue received a shipment of donated holiday cheer Tuesday, including a Christmas tree, a 20-kilogram pig and 90 kilograms of barbecue coals.

Several maritime labour groups and members of Victoria's Filipino community gathered up more than a tonne of Christmas provisions for the 16-member crew of the 255-metre Hanjin Scarlet, anchored off Saturna Island, about 70 kilometres northeast of Victoria.

"It's lonely," said sailor Romeo Cabacang from the Philippines. "But all the crew, we are very happy for the early Christmas gift. We are very happy."

Cabacang, 40, who is married with two children in Manilla, said he's been on board the ship for 10 months, but doesn't know when that will change.

Steve Hnatko, of Tymac Tidal Transport, carries a Christmas tree up the gangway of the Hanjin Scarlet container ship during a visit by volunteers on Tuesday. THE CANADIAN PRESS/DARRYL DYCK

"Nobody knows when we are going home," he said. "We don't have that information."

The South Korean and Filipino crew members have been technically homeless at sea since August, anchoring for months at a time outside Prince Rupert, Vancouver and the Southern Gulf Islands.

They are being paid, but say they can't afford to leave the ship and their jobs.

The ship's captain, Jaewon Lee from South Korea, said his crew is in good shape and is patiently awaiting the bankruptcy issues to be resolved.

He said the crew is not going to shore because they need their rest and want to save money.

"Everybody well. Nothing problem," Lee said in broken English.

He added the ship has a solid Internet connection, which allows his crew to stay in touch with their families.

Lee said he expects the crew to roast the pig on Christmas Eve. The sailors, dressed in bright orange coveralls and yellow work helmets, waved at the visitors and laughed loudly as they carried their cache of provisions to the top deck.

> **It's lonely, but all the crew, we are very happy.**
> Romeo Cabacang

The sailors cheered as the Christmas tree was packed up the steep, portable stairs that had been lowered from the ship's deck.

The crew cheerfully helped unload the donated goods onto wood pallets which were then hoisted on deck with cargo nets and a crane.

Steve Hnatko, who represents a Vancouver area shipping service, said the longshore workers, ferry workers and other maritime labour groups gathered donations and delivered the goods from Vancouver and Victoria.

"When they came here they weren't expecting obviously to be here for the winter, so they didn't have a lot of warm clothes or anything else," he said. "That was one of their first requests, anything warm."

Hnatko said the workers went a bit overboard, adding gifts, drinks and special foods.

Jason Woods, a member of Vancouver's International Longshore and Warehouse Union, said the donations are a message of hope to the stranded crew.

"The seventh largest shipping company in the world is bankrupt and these people here are the human cost," he said.

Dozens of Hanjin container ships have been stranded in similar situations in waters around the world. THE CANADIAN PRESS

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MANDATE

Trudeau talks Trans Mountain, overdose deaths on visit to B.C.

During his first visit to British Columbia since the controversial approval of the Trans Mountain pipeline expansion, Prime Minister Justin Trudeau grappled with two major issues facing the province — tanker traffic and the opioid crisis.

Trudeau toured a Canadian Coast Guard tug on Tuesday in Vancouver, where he announced that two emergency towing vessels that were promised as part of a federal plan to protect Canada's oceans will operate on the West Coast.

"Both of these vessels will operate on Canada's West Coast and help to keep large disabled vessels off B.C.'s pristine coasts," Trudeau said in a news release.

The vessels, announced in November as part of the federal government's $1.5 billion Oceans Protection Plan, will help the coast guard tow large commercial ships that are in distress and pose a hazard to navigation and the marine environment.

The announcement and image of Trudeau steering a yellow tugboat in Vancouver's harbour appear to be aimed at easing fears of increased tanker traffic caused by Kinder Morgan Canada's $6.8-billion expansion.

Politicians and First Nations on B.C.'s south coast, including Vancouver Mayor Gregor Robertson, vehemently oppose the project. The City of Burnaby filed leave to appeal the government's approval in the Federal Court of Appeal on Tuesday.

Prime Minister Justin Trudeau tours Vancouver Harbour. THE CANADIAN PRESS/JONATHAN HAYWARD

Still, Trudeau downplayed questions about lengthy protests, civil disobedience and court battles.

He said some indigenous communities support the project, but those who oppose it "don't have a veto."

Trudeau said he also met with B.C's provincial health officer, Dr. Perry Kendall, to discuss the opioid crisis. More than 750 people have died in the province this year of illicit drug overdoses, many of them linked to fentanyl.

He said his government was working to reverse changes to harm-reduction measures that were made by the previous government. THE CANADIAN PRESS

Extra gains, pains for the musicians

RESEARCH

Holiday concerts can cause repetitive strain injuries

Kevin Maimann
Metro | Edmonton

Many classical musicians get the same things for Christmas: A lot of extra work and a lot of extra injuries.

Indeed, one occupational therapist at the University of Alberta, who also plays the oboe, is using her experience with musical-induced injuries as inspiration to for new research into the strange spike in injuries that musicians face each year at Christmas.

Christine Guptill said the holiday season puts extra strain on the musically inclined — especially classical musicians in high demand for Christmas themed concerts — and this often leads to injuries.

"Just imagine you were working out. You have your regular workout routine and then all of a sudden someone tells you (that) you should be working out an extra 40 hours a week," said Guptill.

Guptill said musicians in general face more work-related injuries than people in most other occupations, and those injuries peak this time of year.

> **A lot of musicians get heavily into what they're doing and they're not necessarily athletic types.**
> Christine Guptill

Most, like tendinitis and nerve compression, are related to repetitive strain. Some, like focal dystonia, are almost unique to musicians.

"A lot of musicians get heavily into what they're doing and they're not necessarily athletic types, and so they didn't necessarily get the background they should have in how you can protect yourself from these things," said Guptill, who has suffered several injuries as an oboist.

A recent Australian study showed 84 per cent of musicians had physical problems related to playing their instrument at some point in their career.

Popular shows like Nutcracker will run multiple times in a weekend over the holidays, and while the dancers will often take shifts, musicians will not.

With a tendency toward freelancing in the music world, most take on extra work whenever they can get it.

Guptill said it's important to have good posture when practising, not to spend too long hammering over the same difficult passage, and to take frequent breaks.

"About every half hour, people should be taking a five-minute break. If you're injured it should be more frequent," she said.

Dr. Christine Guptill, who plays the oboe, is urging musicians not to overwork themselves this year. KEVIN MAIMANN/METRO

Lawsuit challenges pipeline approval

Conservation groups have filed a new court challenge to the federal government's approval of the Trans Mountain oil pipeline.

The request for judicial review filed with the Federal Court of Appeal late Monday in Calgary is at least the eighth legal test of the controversial project, which will almost triple the capacity of an existing, 1,150-kilometre pipeline from near Edmonton to Burnaby, B.C.

The Liberal government gave the green light to the $6.8-billion expansion last month, despite a thicket of existing legal challenges to the regulatory process.

Ecojustice lawyers, on behalf of the Living Oceans Society and Raincoast Conservation, say Prime Minister Justin Trudeau's cabinet broke the law when it relied on a National Energy Board assessment of Kinder Morgan's controversial pipeline expansion.

The groups argue the board — and thus the Liberal government — did not properly take into account the Trans Mountain pipeline's impact on endangered southern resident killer whales.

THE CANADIAN PRESS

Court File No. S157612 • Court Registry: Vancouver

IN THE SUPREME COURT OF BRITISH COLUMBIA

Between: FRED HERCULES
Plaintiff

And: WAHIDA AHMED and WEST COAST REALTY LTD. DBA SUTTON GROUP – WEST COAST REALTY
Defendants

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To: Wahida Ahmed

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3. If the $20,000 is paid into court, an order that the $20,000 be paid out of court to Richter Trial Lawyers in trust;

4. West Coast Realty Ltd. DBA Sutton Group - West Coast Realty provide to plaintiff's counsel the contact information for the defendant Wahida Ahmed;

5. Damages against the defendant Wahida Ahmed;

6. Costs; and

7. Such further and other relief as this Honourable Court deems just and meet.

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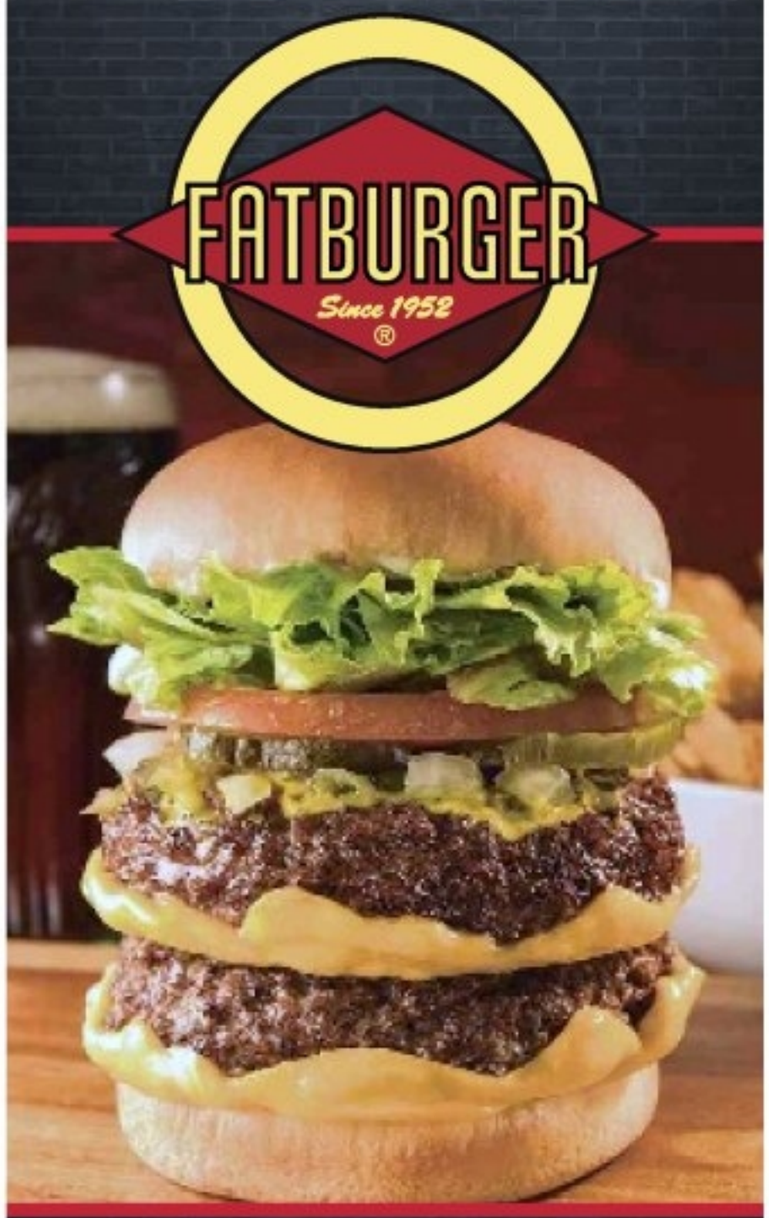
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CHINA

Beauty queen will not be silent on atrocities

Anastasia Lin TORSTAR NEWS SERVICE

Anastasia Lin says when she first learned about allegations the Chinese government was harvesting organs from religious prisoners to fuel its transplant industry, she decided to use an unconventional platform to raise awareness.

Lin spoke out about the alleged plight of Falun Gong practitioners in China while taking part in the 2015 Miss World Canada beauty pageant, which she won. Since then, she has become an outspoken critic of the Chinese government.

"To not do anything is just so wrong," said Lin, 26, who is based in Toronto but spent her teenage years in Vancouver after emigrating from China with her mother.

"Public pressure works. We have way more leverage than we think we do," she said. "We might think that China is this big, tough bully that just doesn't listen to anyone. But that's not true."

Falun Gong is a spiritual practice that emerged in China in the early 1990s, but by the end of the decade it had prompted a crackdown by the Chinese Communist Party. Falun Gong spokesman Joel Chipkar alleges the persecution was prompted by the organization's unwillingness to cede control to the Chinese government.

Reports from human rights organizations such as Amnesty International have emerged of thousands of imprisoned Falun Gong followers being executed for their body organs.

Multiple requests for comment to the Chinese Embassy in Ottawa and the Chinese Consulate in Vancouver went unanswered.

Lin said she was originally inspired to take a stand on the issue by the advocacy work of former Miss World Canada Nazanin Afshin-Jam, who is married to former federal attorney general Peter MacKay.

In 2015, Lin was declared persona non grata by the Chinese government and barred from entering China when she tried to travel there to represent Canada in that year's Miss World pageant.

Miss World 2016 took place in Washington, D.C., and this year Lin was able to take part.

"My one goal was not the tiara," Lin said. "I just wanted to be on Chinese television. ... If they can see me on stage they will know (I have not given up), so neither should they."

THE CANADIAN PRESS

WORLD NEWS

29 killed in fireworks blast
An explosion ripped through a famous Mexican fireworks market on the outskirts of the capital Tuesday, killing at least 29, injuring scores more and sending a huge plume of smoke billowing into the sky.
THE ASSOCIATED PRESS

Daesh claims Berlin attack
Daesh claimed responsibility Tuesday for a truck attack on a crowded Berlin market that authorities said came right out of the group's playbook: mass casualties on a soft target fraught with symbolic meaning. THE ASSOCIATED PRESS

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5	3	7	9	8	6	4	1	2
9	8	4	2	1	7	5	6	3
3	4	9	1	7	8	6	2	5
1	5	8	6	2	3	7	4	9
2	7	6	4	9	5	1	3	8

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Members of the Turkish forces honour guard carry the coffin of Russian Ambassador to Turkey, Andrei Karlov, who was assassinated Monday. EMRAH GUREL/THE ASSOCIATED PRESS

Nations may grow closer

ASSASSINATION

Russia, Turkey could see age of co-operation

The assassination of Russia's ambassador to Turkey could actually bring the two regional powers closer together, with Russia reaping political benefits by arguing that it has paid a high price for fighting terrorism as Turkey, embarrassed by its security breaches, increasingly co-ordinates with Russia in neighbouring Syria.

The two nations were already trying to resolve their differences over the war in Syria since Turkey shot down a Russian military jet along the Syrian border last year.

The measured reactions of their leaders to the killing Monday night of Ambassador Andrei Karlov by a Turkish policeman in Ankara shows they want to stay on the path toward reconciliation.

The prospect of closer ties between Russian President Vladimir Putin and Turkish President Recep Tayyip Erdogan could have implications for the West, which has had contentious relations with both leaders and is also trying to engineer a solution to the Syrian war and the millions of refugees it has created.

While both Russia and Turkey are involved in Syria, Russia is the senior partner in any dealmaking in a conflict that has sent several million refugees across the border into Turkey, straining its resources and economy.

Analyst Dimitar Bechev said Russia could now have additional leverage and extract concessions from Turkey, including on Syrian issues, following the ambassador's death. THE ASSOCIATED PRESS

Photographers deserve recognition

Eduardo Lima
Metro | Toronto

There's a lot I'll never know about the photographers who captured the assassination of Russian Ambassador Andrei Karlov.

I don't know how brave they are, and I can't imagine what went through their minds as Mevlut Mert Altintas opened fire at a run-of-the-mill press event.

What I do know is this: Bravery is not the only factor involved in being able to take pictures in an unexpected situation. It's also professionalism.

The settings on their cameras were perfect. The framing is almost cinematic. And they didn't flinch even once. Standing less than five metres away from a man who could have taken their lives, Burhan Ozbilici and Yavuz Alatan held their ground and did their jobs.

As photographers, we love taking pictures and as photojournalists, we relish the opportunity to record history. There's an invisible switch that photographers flip once a camera is in our hands. It makes us aware of everything around us and it makes them eager to climb trees, jump fences, lay flat on our stomachs, just for the sake of a picture.

Ozbilici and Alatan will both be likely candidates to win a prize from the World Press Photo Foundation next year. But, beyond that, they drew attention this week to the thousands of photographers who've dedicated their lives to making the pictures that make history.

Bravery aside, their excellence deserves our recognition.

Eduardo Lima is Metro Toronto's chief photographer. He has worked on projects in Southeast Asia, Africa and the Middle East and won multiple awards for his work.

Strategic shift is working, BlackBerry's head insists

TECHNOLOGY

Most revenue now comes from software and services

BlackBerry's CEO shrugged off a $117-million US third-quarter loss, saying the former smartphone maker turned software firm is no longer in turn-around mode and will grow its software revenue faster than the market next year.

"Everything that we have to do in order to address the, kind of, the downdraft of the business, we addressed," John Chen told reporters Tuesday.

The Waterloo, Ont.-based firm completed a number of significant milestones as part of its strategic transformation to exit the hardware business, he said. It inked two deals with partners that will design, manufacture and distribute phones that use BlackBerry's software in most of the world. A third one is in the works for India, Sri Lanka and Bangladesh, Chen said. BlackBerry receives royalties, which could boost its mobility solutions revenue that has struggled amid lacklustre hardware sales.

BlackBerry has reached deals with partners who will design, manufacture and distribute phones that use BlackBerry's software in most of the world. TORSTAR NEWS SERVICE

The company is also trying to position itself in the burgeoning market of self-driving vehicles, and on Monday it opened a research centre for autonomous cars in Ottawa.

It has also announced a new platform, BlackBerry Secure, that integrates all of the company's recent acquisitions and intends to help companies reliably manage their current and future connectivity needs, like keeping tabs on all their devices.

Revenue was $289 million, down from $548 million a year earlier. With adjustments, revenue for the quarter was $301 million. The majority of adjusted revenue — about 55 per cent — came from BlackBerry's new focus of software and services, which brought in $164 million, an increase of $8 million from the previous quarter and $10 million from the same quarter last year. It wasn't enough to offset declines in other areas.

But Chen remains confident the company's new focus will pay off, anticipating 30 per cent growth in software and services for the full financial year.

THE CANADIAN PRESS

OFFSHORE DRILLING

Industry unfazed by ban

Ottawa's move to ban offshore oil and gas licensing in Canadian Arctic waters prompted a shrugging of shoulders Tuesday from energy industry observers who point out there are no drilling plans in the region now, partly due to exorbitant costs.

The measure announced Tuesday was part of a joint announcement with the U.S., which designated the bulk of its federally controlled waters in the Arctic Ocean and certain areas in the Atlantic Ocean as indefinitely off-limits to future oil and gas leasing.

Michael Byers, a University of British Columbia professor who recently published a book Who Owns the Arctic?, said the only surprise in the Canadian government's announcement is that it provides for a five-year review of the ban.

Byers said the move seems to be designed to show that Prime Minister Justin Trudeau is protecting the environment.

THE CANADIAN PRESS

MERGER

Facebook accused of misleading EU

The European Commission is investigating whether Facebook gave misleading information about its takeover of mobile messaging service WhatsApp two years ago.

The Commission, the EU's merger and anti-trust watchdog, is concerned that Facebook can match its users' accounts with WhatsApp user accounts. The company said in 2014 that it could not do this. But Facebook's August terms of service and privacy update suggest it can, according to the Commission.

Facebook could face fines of up to 1 per cent of its turnover if those suspicions are confirmed.

The August update could allow a link-up between WhatsApp phone numbers and Facebook user identities, which could help Facebook offer better "friend" suggestions or display more relevant ads on the Facebook page of a WhatsApp user. THE ASSOCIATED PRESS

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JESSICA ALLEN ON SILVER-SCREEN ESCAPISM

I know a thing or two about nostalgia and I am sensitive to others using my weakness to emotionally manipulate me.

My Christmas tree lights conked out the other night. They were a multi-coloured set that cast a soft, foggy glow, like the tree lights from my childhood, probably because they are literally the tree lights from my childhood. I can't bring myself to replace them with those new, garishly bright (and safer) LED lights. So the tree sits in darkness.

This all goes to say that I know a thing or two about nostalgia. Yes, I take it too seriously, which is why I am sensitive to others using my weakness to emotionally manipulate me. For example: Stranger Things, the thrilling sci-fi Netflix series set in the '80s that provided a quick fix of that decade's greatest cultural hits. But when the buzz wore off, it felt a little superficial — like high-end audio equipment that's deliberately designed to look like a radio from the '20s. That's nostalgia in a nutshell: It makes you melancholy for a time you'll never get back, or even for a time you didn't exist in.

And now there's La La Land, which opens on Christmas Day, to contend with. Even if you don't follow award blogs, you know that the film, written and directed by Damien Chazelle, is —alongside Moonlight and Manchester By the Sea — an Oscar contender for best picture. But when the masses tell me I'm going to love something, my knee-jerk reaction is to hate it.

The whole Manichean world of comics was a response to the same social conditions that gave us Busby Berkeley.

"Though bathed in affection for the song-and-dance magic of vintage Hollywood" Brian D. Johnson of Maclean's recently wrote, "it has a keen contemporary edge. As both a musical and rom-com, La La Land subverts as many conventions as it fetishizes, while wrapping its love story around the frustration of two artists holding out for truth and beauty amid a showbiz world enslaved to money."

"We'll see about that, Brian," I thought to myself just before a recent screening of the film. I stewed in my seat thinking about all the ways it would cheapen my love for the classic films I knew it would reference. Like Bringing up Baby and Casablanca, which were both shot on the Warner Bros. lot where Mia (Emma Stone), an aspiring actress, works as a barista. Ryan Gosling plays Sebastian, a struggling musician who dreams of preserving the great American art of jazz. He introduces Mia, who equates jazz to Kenny G, to the artistry of Kenny Clark, among others.

I successfully willed myself to hate La La Land for approximately 30 seconds, when I looked down and saw my feet tapping to the music. And although I was distracted by the overly produced dubbing during the big group musical numbers, not to mention Gosling having at least one hand in his pocket at all times — even when he's playing the piano — I liked it. It was magical, like everyone said it would be, and the unexpected ending is seeped in ennui, just like my Christmas tree lights.

Ryan Gosling and Emma Stone in a scene from La La Land.
LIONSGATE/THE ASSOCIATED PRESS

And here's the thing: I did feel manipulated, but somehow, with the cinema lights low, I didn't mind La La Land taking the lead in transporting me far away from the cynicism of 2016.

Chazelle is not clairvoyant: He's been trying to get La La Land made for five years, so the timing of its release this year, which by most accounts has been awful, is coincidental. But it's telling he that he mined vintage Hollywood to soothe a culture desperate to escape.

The genius of Hollywood filmmakers in the '30s was that they found beautiful ways to offer escape from the reality of the Depression and the rise of fascism. Audiences were enchanted by Fred and Ginger, and Shirley Temple, while socially realistic movies, like Charlie Chaplin's City Lights and Modern Times, made them smile despite the darkness.

For the last decade, the dominant form of escape has been the superhero-super-effects-big-budget-CGI extravaganza. They don't bear much resemblance to an angel-faced child singing about the good ship Lolly Pop, but Superman, Batman and the whole Manichean world of action comics was a response to the same social conditions that gave birth to Busby Berkeley's spinning stages.

Our world — in which a literal super villain stirs up hatred on Twitter from a fortress of solitude in Gotham City while he waits to take the highest office in the land — may be no less complicated. In fact, our purveyors of escape might have to work harder.

"During the Depression, when the spirit of the people is lower than at any other time," President Franklin Roosevelt said in 1934, "it is a splendid thing that for just 15 cents an American can go to a movie and look at the smiling face of a baby and forget his troubles."

The ticket price is higher 82 years later. But I think the sentiment is the same, especially on Christmas Day when so many go see a movie to escape everything from their credit card statements to racist Uncle Gary who's staying for the holidays.

The lights go down, and it's magic.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Trump politics aren't coming to Canada — they're already here

Donald Trump is already in Canada, and he can be found the heart and minds of Canadians. There's a tendency to think that Canada is safe from such phenomena. But based on the attitudes of Canadians, not only are we not free from it but also we're susceptible.

In Canada, the xenophobic and racist attitudes that propelled Trump aren't far beneath our "sunny ways" and "refugees welcome" surface.

Forum Research released a survey which found that of 1,304 Canadians, 41 per cent have an "unfavourable" feeling about one of the following groups: Muslims, First Nations, South Asians, Jews and black people. The use of the word "unfavourable" even feels like a way to shield racism, as if the KKK were merely an organ of unfavourable opinion.

Racist attitudes though aren't just hidden in seemingly innocuous phrasing, they're evident in what is perceived to be true. An exhaustive poll of global attitudes found that Canadians think that Muslims constitute 18 per cent of our population when, in fact, they're only three per cent of the country. Despite our progressive and multicultural self-image, Canadians vastly overestimate the population of Muslims. For example, Canadians think that in 2020 a full 26 per cent of the country will be Muslim when the population is expected to stay about the same as now. This notion of a vast-yet-ultimately-mythical population is what politicians of the Trump-Farage-Leitch ilk rely on.

A CBC-Angus Reid poll found that 68 per cent of respondents felt that minorities should be doing more to fit in with mainstream society instead of keeping their own customs and values. In this, we are no better than our American neighbours. When the same questions was put to Americans, only 53 per cent felt the same way.

There is no question that racists in Canada have been emboldened by the events in the U.S. Racialized citizens across the country have been sharing their own stories of being attacked based on their (perceived) race. Last week, our colleague Irene Kuan shared how a man on the subway told her to "go back to Hong Kong." She is from Toronto.

The question is how do we prevent racial resentments from upsetting our democracy? Our institutions — schools, police, media, etc. — must acknowledge that they help perpetuate those attitudes. (Why does my industry only report the race of criminals when they are not white?)

Finally, white Canadians, including ethnic whites, need to publicly speak about their privileges and challenges. Racism thrives on asking non-whites to prove and adapt to their oppression while requiring little labour from those who most benefit.

Racism — overt and covert — remains pervasive. These surveys are proof of our past, but the attitudes found within need not be our future.

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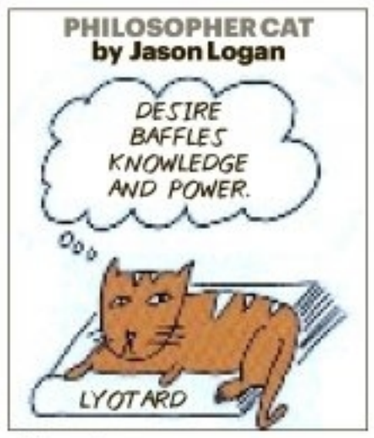

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SURREY
- 13630–72nd Ave.
- 8363 B–128th St.
- Central City Shopping Centre
- Clover Square Village
- Guildford Town Centre
- Panorama Village
- Semiahmoo Shopping Centre

TSAWWASSEN
- Tsawwassen Mills

VANCOUVER
- 1147 Robson St.
- 698 West Broadway
- 2154 West 4th Ave.
- 2065 West 41st Ave.
- 1008 West Georgia St.
- Capilano Mall
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal

VERNON
- Village Green Mall

VICTORIA
- 3500 Uptown Blvd
- Hillside Centre
- Mayfair Shopping Centre
- The Bay Centre
- Tillicum Centre
- Westshore Town Centre

Also available at:

The Source

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metro LIFE

Your essential daily news

Light exercise may help concussed kids recover faster, CHEO's Dr. Roger Zemek finds in study

Mulled wine and hot chocolate: Better together or a sludgy mess?

Some things just go together: Caramel and salt, tomato and oregano, and, according to this season's latest food fad, red wine and hot chocolate. But does this best-of-both-worlds beverage deserve its social-media star status? We enter our test kitchen to find out. GENNA BUCK/METRO

Armed with half a pound of chocolate, a bottle of red wine, and three colleagues as guinea pigs, the Metro Life staff set out to mix up our own version of 2016's trendy holiday drink: red wine hot chocolate.

It's exactly what it sounds like — a combination of two beloved winter warmers which, for some reason, no one thought to put together before now. By the end of our experiment, we had a better idea of why.

First, we mulled two cups of red wine (Hardy's Shiraz Cabernet Sauvignon) with two heaping teaspoons of sugar, a few orange slices and a handful of spices — cinnamon sticks, freshly grated nutmeg, juniper, star anise and ancho chili.

In another pot, we heated a litre of two-per-cent milk to steaming and slowly stirred in 200g of chopped dark chocolate (70 per cent cocoa).

Once both were piping hot, we strained the wine into the chocolate mixture. And that's when things started to go a little sideways.

No matter how much we stirred and sieved, the chocolate never fully melted, leaving us a drink with a curdled, chalky texture and a bracing, acidic taste: not exactly luxurious. Though, according to our section editor Emina Gamulin, "It grows on you."

We agreed the beverage would be better with a sweet milk chocolate, and a lot less of it.

In a moment of inspiration, we added a healthy glug of whipping cream to one of the mugs and zapped it in the microwave. That tasted more like something we'd want to drink in front of a roaring fire.

Metro Life's Emina Gamulin and Genna Buck made the drink that's been praised by food bloggers, Instagrammers — even the New York Times and Cosmo mag. METRO

As the instagrammers say, this treat is #sorich, but if you'd like to gild the lily, whipped cream or marshmallows would be an ultimate garnish.

And it's the holidays, so why not both?

INITIAL THOUGHTS

VERDICT

Vicky Mochama
Metro's daily columnist was intrigued. "Is this what the kids on Instagram are drinking?"

Not impressed. "It has a porridge-like consistency."

Luke Simcoe
Our senior reporter turned down whipped cream and marshmallows: "Nothing you put on this is going to make me like it more."

"Wine and milk, together at last? That's just not a thing people say."

May Warren
Metro's city reporter is an adventurous eater. "I'm excited," she said before our taste test.

May pulled a pained face and said, "so disappointing."

Does this filter make my ears look big?

CANDID CATMERA

New app that helps your cat paws for the perfect selfie

Kris Abel
For Metro Canada

Among cats, it's curiosity that leads to the best selfies. That's according to the makers of Candid Catmera, an iPhone and iPad app that uses virtual fish, mice, and laser pointers and others treats to entice your feline to come play in front of your mobile device.

"I like the one with the can-opener, opening up the can of food," says Jen Mete, the Halifax-based producer who worked on the app for Current Studios.

Getting a cat to stand in front of the lens is one thing, to make sure the camera catches them when they're looking the right way the app uses very sophisticated software.

"We affectionately refer to it as feline facial recognition," explains Mete. "It automatically takes a series of photos and analyzes the characteristics of the subject and only saves the ones of your cat to the gallery."

So you can take a selfie with your cat, for example, but your cat has to always be in the shot. It's a cat-only app.

"Like if I put my face up to it, it might take a photo," explains Mete, "but it won't save the photo because after it goes into the cat recognition filter, it'll decide that I am not a cat."

It's not just the need for pointed ears and whiskers, the software is built to recognize fur on faces too. But again, only feline ones.

"People ask 'Why don't we do it for dogs?' well, actually it's a little trickier because dogs all have very different characteristics," says Mete. "But whereas cats all have fairly similar characteristics, so that really helped while building up our database of traits to track."

Once the app is running on your device, the app will snap cat selfies even if you're not home and send them to your phone for approval and sharing on social media.

For every copy of the app sold, $1 goes to the SPCA whose cats helped test the technology.

"We spent a couple of days with them, testing out the app, and what I found pretty exciting is that they actually enjoyed playing with the app," says Mete. "I'm a huge advocate for animal welfare and it hits me on both sides, like professionally, what an incredible piece of technology while doing something wonderful for the cats as well."

Launched in time for the holidays, the creators are looking forward to seeing what people do with it.

Asked if the feline facial recognition system might have trouble with costumes Mete is confident the app will still work.

"As long as they don't cover the face, if they put a costume on their cat, a hotdog or a unicorn or something, as long as the app can still see the characteristics of their face, it should be fine."

GET SNAPPING

- The app costs $2.79, availbale at candidcatmera.com
- $1 of each app sold goes to the SPCA, whose cats helped test the technology
- If you download it, share your cat selfies with us at scene@metronews.ca

Candid Catmera uses high-tech feline facial recognition to help kitty take the perfect selfie — even when they're left alone. CONTRIBUTED

metro WHEELS
Your essential daily news
Kia's dedicated hybrid sets Guinness World Record for fuel mileage

Strong enough for most jobs

REVIEW

Ridgeline's driving dynamics can't be beat

Stephen Elmer
AutoGuide.com

Towing 5,000 pounds (2,268 kilograms) isn't what it used to be. The weight of steel and wood hasn't changed but the towing capabilities and capacities of the vehicles responsible for moving them sure have.

We have half-ton trucks that can pull about 5,500 kg, heavy-duty pickups that can move almost 14,000 kg and a new crop of midsize trucks that are as capable as last decade's half-tons. For most hauling needs, today's midsize pickup is more than enough, and with Honda's redesigned 2017 Ridgeline, you get a unique proposition in the segment.

Honda rates the Ridgeline to tow 2,268 kg, falling short of the Toyota Tacoma's 3,084-kg max rating and the Chevy Colorado's max rating of 3,493 kg, though in the payload department, the Ridgeline stacks up well. It is the only midsize pickup to use a multi-link independent rear suspension, rather than a leaf spring setup.

Canadian Ridgelines get all-wheel drive as standard equipment.

Spec for spec, Honda's small pickup is about on par with the competition on most fronts, though it is the tow rating that falls short. Even if you're not pulling the limit every time you tow, having that extra capacity means that you're not stressing your truck as much when you pull.

So can the Ridgeline actually pull at its limit with confidence? We hitched up a large four-place snowmobile trailer that weighs in just shy of the Ridgeline's max capacity.

Easily the best part of the towing experience with the Ridgeline is the way the suspension soaks up all the weight with little issue. Despite the rear end squatting, the front wheels didn't feel light and the nose wasn't pointing straight up into the air. Side-to-side movement felt controlled, and even the trailer's weight couldn't push the truck around.

This translates into the cabin with nice, planted steering feel and little to no torque steer thanks in part to the all-wheel drive.

If the towing experience ended there, the Ridgeline would leave with a stellar report card. Unfortunately there are other parts of the package that are important as well, namely the brakes and the engine.

So it may not be the heavy lifter among its peers, but there is one aspect of the Ridgeline that is second to none: unladen driving dynamics. Thanks to a combination of factors including its unibody construction and independent suspension, the Ridgeline drives like a big Honda Accord on the road, offering absolutely none of the stiff, choppy ride most body-on-frame trucks have.

THE CHECKLIST | 2017 HONDA RIDGELINE

THE BASICS

Engine: 3.5L V6
Power: 280 hp and 262 lb-ft of torque
Transmission: Six-speed automatic
Fuel Economy: 12.8 L/100 km city, 9.5 L/100 km highway, 11.3 L/100 km combined
Price: Starts at $36,590 (destination included)

LOVE IT

- Stable dynamics with weight
- Great unladen drive
- Handy features

LEAVE IT

- Lack of integrated trailer brake
- No tow/haul mode
- A little more power would be nice

NEW RELEASES

2018 Mercedes E-Class Coupe drops two doors to stunning effect

Jason Siu
AutoGuide.com

Mercedes-Benz has introduced the all-new 2018 E-Class Coupe ahead of its public appearance at the 2017 Detroit Auto Show.

Heading to dealerships in summer 2017, the 2018 Mercedes-Benz E-Class Coupe is longer, wider and taller than its predecessor.

The stylish coupe also sits 3.3 inches taller. As a result, the larger footprint benefits passengers with extra space and comfort, especially in terms of rear legroom, front and rear shoulder room, as well as rear headroom.

For the U.S. market, the E-Class Coupe will initially launch with the E400 and E400 4MATIC models, powered by a 3.0-litre biturbo V6 engine with 329 horsepower and 354 pound-feet of torque.

Both models are equipped as standard with the 9G-Tronic nine-speed automatic transmission, allowing the standard model to go zero-to-97 km/h in 5.2 seconds.

The 4MATIC all-wheel-drive variant does the sprint in 5.5 seconds.

The model will come standard with a central high-resolution COMAND display, and available as an option is the widescreen instrument cluster that is unique to the segment.

Buyers can also opt for an available Sport Package that adds edgier details like front and rear bumpers, as well as side skirts and larger AMG-style wheels.

The package also includes a different front grille with chrome-tipped blocks and an AMG leather sports steering wheel for the cabin.

And since the E-Class Coupe comes standard with COMAND Navigation, it is also compatible with Apple CarPlay and Android Auto. Another highlight of the model is Drive Pilot, a system that represents Mercedes-Benz's next step to semi-autonomous driving. With Distance Pilot Distronic, the car is not only able to keep the correct distance behind vehicles in front on all types of road, but for the first time, it can also automatically follow them at a speed of up to 209 km/h.

> **With its clear, aesthetic lines, our new E-Class Coupe appeals equally to the heart and mind.**
> Dr. Thomas Weber

Expect pricing for the 2018 Mercedes-Benz E-Class Coupe to be announced closer to its launch in 2017.

"With its clear, aesthetic lines, our new E-Class Coupe appeals equally to the heart and mind," said Prof. Dr. Thomas Weber, member of the board of management of Daimler AG and responsible for group research and Mercedes-Benz cars development. "It combines contemporary luxury, agile sportiness and high-tech engineering into an automotive personality with spirit, offering exclusive, refined driving pleasure."

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metro SPORTS

U.S. forward Alex Morgan is leaving the Orlando Pride for European champion Lyon with hopes of becoming the world's best player

Sherman justifies his sideline flare-up

NFL

Cornerback has met with coach and OC since outburst

Seahawks cornerback Richard Sherman has 51 combined tackles and four interceptions this season. JOHN FROSCHAUER/THE ASSOCIATED PRESS

Richard Sherman is standing firm on his belief that his sideline outburst last week was justified.

He also believes the dynamic of the Seattle locker-room is such that the Seahawks can handle Sherman's open questioning of the offensive play calling.

"Sometimes things need to happen like that," Sherman said. "People need something to talk about this week so you're going to talk about that. It worked out. The way our team works it worked out fine and we'll move forward."

Sherman remained adamant Tuesday that yelling in the direction of coach Pete Carroll and offensive co-ordinator Darrell Bevell was not out of line in Seattle's 24-3 win over the Rams. Sherman was angered by the decision to pass the ball on first-and-goal from the 1-yard line, a throw that was intended for Jimmy Graham and was nearly intercepted. He was seen on the sideline screaming toward Carroll and Bevell and had to be pulled away and calmed down by teammates.

Seattle scored two plays later on a pass from Russell Wilson to Doug Baldwin, but that didn't stop Sherman from expressing his displeasure after the game and even invoking memories of Seattle's Super Bowl loss to New England and Wilson's infamous interception thrown from the 1-yard line in the closing seconds.

Even after a meeting with Carroll last Friday — which Sherman described as productive — he said his actions were not out of line.

"What's our rule? Protect the team. Protect the team," Sherman said. "It goes both ways and that's what me and Pete talked about."

Carroll had insinuated last Friday that he may have been considering some form of discipline for Sherman's outburst but that it was contingent on how the meeting went. Sherman also reached out and met with Bevell on Friday.

When asked Tuesday, Bevell said he did not believe it was OK for a defensive player to question an offensive play call.

"I'm not going to convince Richard of anything," Bevell said. "I'm just comfortable really with how the conversation went. I thought it was a good conversation."

THE ASSOCIATED PRESS

CLASH

Sherman also got into a shouting match with defensive co-ordinator Kris Richard after a blown coverage led to a touchdown in an October victory against Atlanta.

TENNIS

Kvitova injured in attack with knife

Two-time Wimbledon champion Petra Kvitova was injured by a knife-wielding attacker at her home on Tuesday and had to undergo surgery on her left hand.

An operation that took three hours and 45 minutes revealed that the left-handed player's injuries were "serious," but "there's no reason to think she wouldn't be able to play tennis," her spokesman Karel Tejkal said.

Kvitova will, however, miss the Australian Open and a significant part of the season as she won't be able to fully train for at least three months, Tejkal said.

Kvitova sustained damaged to the tendons in her left hand, along with injuries to all five fingers and two nerves, added Tejkal, who described the incident as a burglary in the eastern Czech town of Prostejov.

"In my attempt to defend myself, I was badly injured on my left hand. I am shaken, but fortunate to be alive," Kvitova wrote on Twitter.

Petra Kvitova GETTY IMAGES

"The injury is severe and I will need to see specialists, but if you know anything about me I am strong and I will fight this."

Police spokesman Frantisek Korinek said the male attacker escaped from the scene and was at large. THE ASSOCIATED PRESS

NHL

Crosby strikes again as Pens rout Rangers

Sidney Crosby picked up his NHL-leading 22nd goal, Evgeni Malkin added a goal and two assists and the Pittsburgh Penguins toppled the New York Rangers 7-2 on Tuesday night to move into a tie with the Rangers atop the crowded Metropolitan Division.

Bryan Rust, Phil Kessel, Justin Schultz, Patric Hornqvist and Nick Bonino also scored for the Penguins, who improved to 8-0-2 in December. Matt Murray made 26 saves and is unbeaten in regulation in his last 13 home starts as the Penguins cruised despite missing injured defencemen Kris Letang and Trevor Daley.

Michael Grabner collected his team-high 14th goal for New York and Matt Puempel added his second, but New York struggled to keep pace with Pittsburgh.

Pittsburgh's seven goals are the most the Rangers have given up this season. The Penguins had six goals during a win at Madison Square Garden last month. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Tuesday night's Canucks-Jets game.

NBA

Raps step it up on DeRozan's off night

Raptors guard Cory Joseph scrambles to keep the ball in play against the Nets' Caris LeVert on Tuesday. TORSTAR NEWS SERVICE

Kyle Lowry scored 23 points to lift Toronto to a 116-104 win over the Brooklyn Nets on Monday, the Raptors' 12 victory in their last 14 appearances.

DeMar DeRozan, who was coming off Eastern Conference player of the week honours and leads the East in scoring, managed just 15 points on 6-for-20 shooting for Toronto (20-8).

But his teammates made up for his off night, as Norman Powell scored a season-high 21 points, DeMarre Carroll had 17, Jonas Valanciunas grabbed a game-high 14 rebounds to go with 10 points and Cory Joseph chipped in with 11 points as the Raptors roared to their 15th consecutive game with 100-plus points.

Rondae Hollis-Hefferson had 19 points to top the Nets (7-20), who played without starting centre Brook Lopez.

THE CANADIAN PRESS

TUESDAY In Toronto

RAPTORS	NETS
116	104

IN BRIEF

Hernandez denied a delay to double-murder trial

Former New England Patriots star Aaron Hernandez has lost his bid to delay his trial in the 2012 killing of two men in Boston.

Prosecutors say a Suffolk Superior Court judge on Tuesday denied a request by Hernandez's lawyer to delay the trial slated to start Feb. 13.

Hernandez is already serving a life sentence for the 2013 killing of Odin Lloyd. THE ASSOCIATED PRESS

BoSox deal Buchholz to Phils

The Boston Red Sox have traded right-hander Clay Buchholz to the Philadelphia Phillies for minor-league second baseman Josh Tobias.

Buchholz was the odd man out in a Boston rotation that added Chris Sale this off-season.

Buchholz, 32, is a two-time all-star but has been inconsistent through his career. He is 81-61 with a 3.96 ERA in 10 big-league seasons. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Jazzed-up Tuna Melt

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can prep the addictive ingredients of this jazzed-up tuna melt in the time it takes your oven to pre-heat.

Ready in 10 minutes
Prep time: 10 minutes
Serves 2

Ingredients
- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- Salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.

2. In a large bowl, mix together the tuna, apple celery, pickle and mayo until it is well combined. Season with salt and pepper.

3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.

4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.

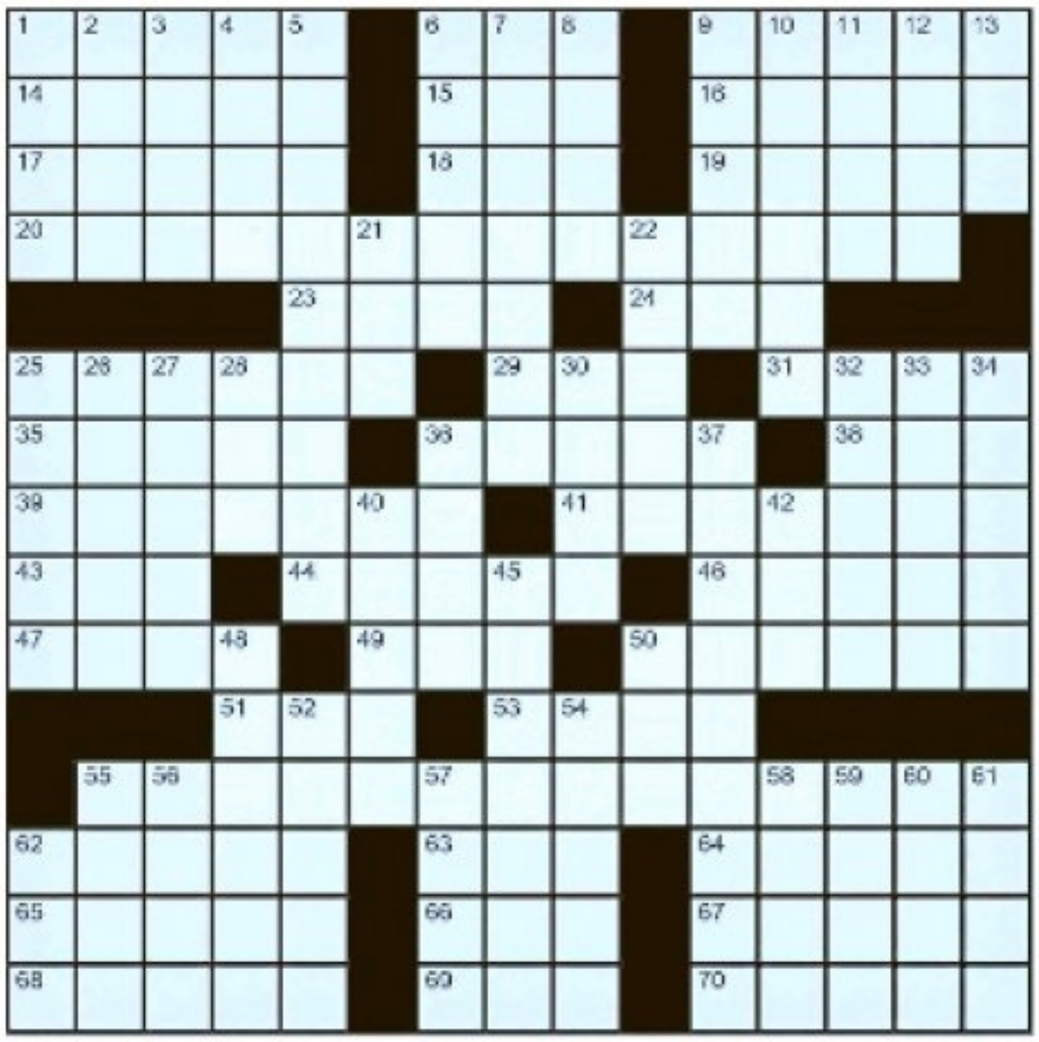
5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.

6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Abu _ (United Arab Emirates capital)
6. Perform on Broadway
9. Wharfs
14. Keepsake of yore
15. Oslo's li'l locale
16. Remove a toque
17. Alvin _ American Dance Theater
18. Universal principle
19. Turkey treatment
20. Christmas meal condiment: 2 wds.
23. Some deer
24. Howdys
25. Does better than F
29. Christmas _
31. Christmas servings
35. Ancient seaport of Rome
36. Pew user's supports
38. Opening
39. Ghost of Christmas Past, for one
41. Vexing
43. Commandments number
44. Every 60 minutes
46. Ancient column style
47. Winter hill surface
49. _-Margret
50. Musical compositions
51. Daily time segments, briefly
53. Racing's 'Romeo'
55. Popular buys during the festive season: 3 wds.
62. Soil fertilizers
63. Globe
64. Blue _ (Canadian band)
65. Ram's sign
66. Long-snouted fish
67. _ days
68. Rene Descartes: "Je _, donc je suis." (I think, therefore I am)
69. "I _ _ Rock" by Simon & Garfunkel
70. Rug-making apparatuses

DOWN
1. Bram Stoker's li'l vampire
2. Prince Charles, for one
3. Teatro _ Scala (Milan opera house)
4. "Tres _!"
5. Visible sign from the stepping-outside-person that it's really cold out there: 2 wds.
6. Cavern
7. Become rough
8. Brad Pitt's ancient film
9. Persian Gulf emirate
10. Forward-moving surge
11. Swanky
12. "Citizen _" (1941)
13. Sault _, Marie, Ontario
21. Greek dawn goddess
22. _ hosiery
25. Stations
26. Tree beavers like
27. Shorthand, for short
28. As written
30. Wedding dress extra
32. Contests of ancient Greece
33. Ms. Van Doren
34. Eyeglasses, fun-style
36. Musicals composer Jerome
37. CSP = Canadian _ _ (Rescue/first aid service on Winter mountains)
40. _ turkey
42. Old French coin
45. 'Noel' as Leon ...or... 'Tinsel' as Silent
48. Narwhals and Bowheads
50. Switch selection
52. Russian, in the French language
54. Astrology sign
55. Plain
56. Ireland, to a poet
57. _ pants (Casual/fitness wear)
58. Alone
59. Produce Department selection
60. Abound
61. Some of "The Brady Bunch"
62. Blueprint

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next month, the Sun is at the top of your chart, shining a flattering light on you. This makes you look great in the eyes of bosses, parents and VIPs. Yay!

Taurus April 21 - May 21
Do whatever you can to get out of town and experience a change of scenery during the next month, because you need this! You're eager for stimulation and new experiences.

Gemini May 22 - June 21
You will be intense about everything in the next four weeks. However, this is a good time to wrap up loose ends with inheritances, taxes and shared property.

Cancer June 22 - July 23
Partnerships and friendships are on your mind for the next month. Many of you will run into ex-partners at this time.

Leo July 24 - Aug. 23
Your efficiency at work might suffer now because of Mercury retrograde. Nevertheless, you will do your best to be on top of your game during the next four weeks.

Virgo Aug. 24 - Sept. 23
During the month ahead, you'll want to play! Vacations, romantic escapes, sports events, the arts and playful times with children will be tops on your list.

Libra Sept. 24 - Oct. 23
Home, family and your private life will demand your attention during the next four weeks. Many of you are in contact with relatives whom you haven't seen in a while.

Scorpio Oct. 24 - Nov. 22
The pace of your days in the month ahead will accelerate — there's no question about it. Life will be busy with short trips and errands, plus increased reading, writing and studying.

Sagittarius Nov. 23 - Dec. 21
The pace of your days will accelerate during the next four weeks, because you will be busy with short trips and many errands. Gear up for this busier schedule.

Capricorn Dec. 22 - Jan. 20
The Sun will be in your sign for the next four weeks, energizing you in a wonderful way. This will attract people to you, especially people from your past!

Aquarius Jan. 21 - Feb. 19
This is a lovely time for you to buy wardrobe items. It's also a great time to do research of any kind. Make plans behind the scenes for your coming year ahead.

Pisces
Feb. 20 - March 20
Enjoy increased popularity with others in the next four weeks. People want to see you and be part of your world. (It's nice to be loved.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				8	1	2		
		3	7					
	2							5
	8		9		3			4
4								3
9			5		8		2	
6							8	
					2	1		
		9	4	5				

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